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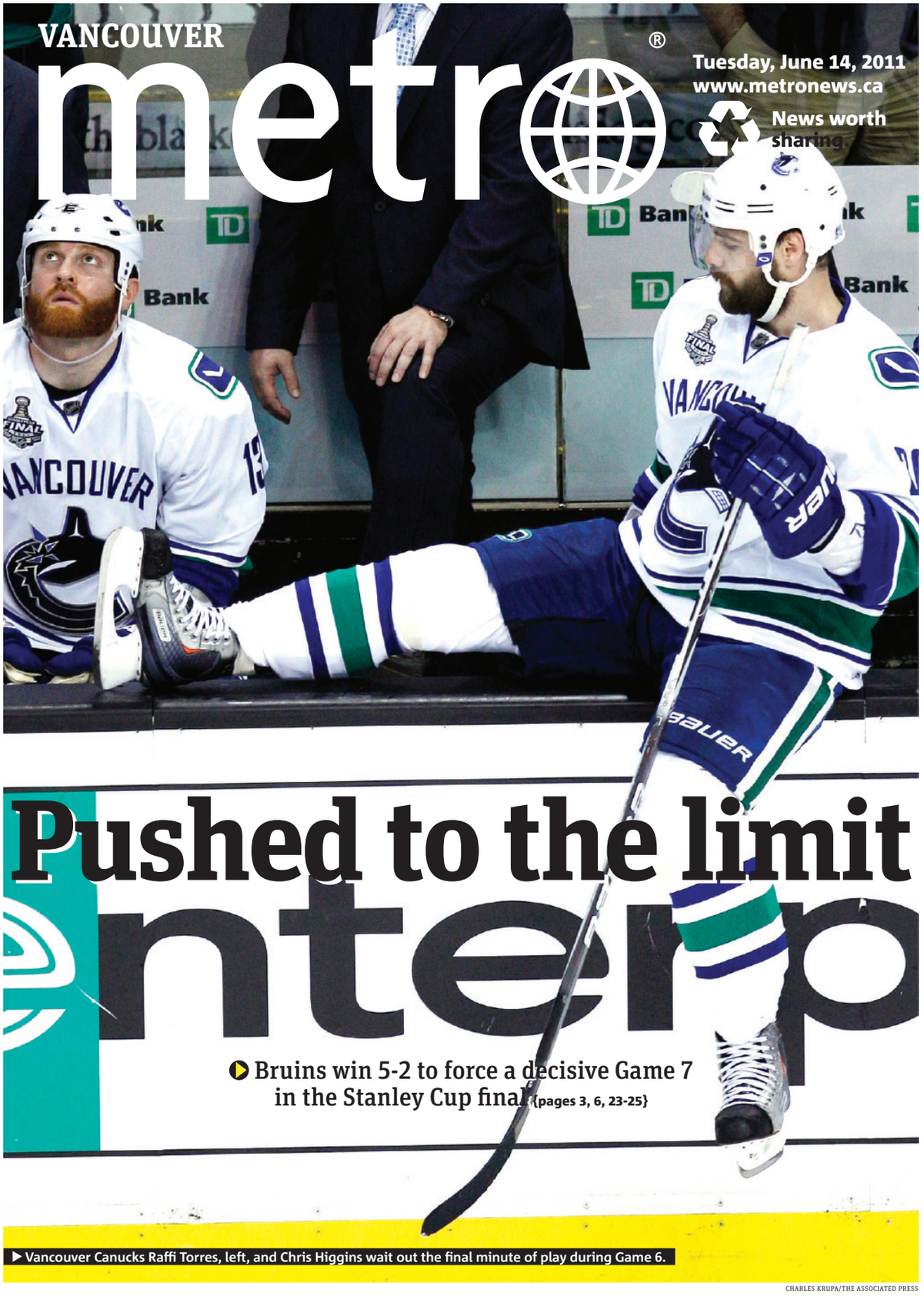

Pushed to the limit

Bruins win 5-2 to force a decisive Game 7 in the Stanley Cup final {pages 3, 6, 23-25}

▶ Vancouver Canucks Raffi Torres, left, and Chris Higgins wait out the final minute of play during Game 6.

CHARLES KRUPA/THE ASSOCIATED PRESS

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SWINGING SINGLE
PIPPA'S BACK ON THE MARKET
{page 17}

SLOPPIEST JOE YET
SANDWICH IS SURE TO SATISFY
{page 21}

JIM CARREY
FLAPS HIS GUMS {page 16}

CAST OF THE 2009 PRODUCTION OF MOM'S THE WORD: REMIXED. PHOTO BY DAVID COOPER

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JENNIFER GAUTHIER/FOR METRO

▶ Vancouver Canucks fans watch Game 6 of the Stanley Cup final on a giant screen at the corner of Georgia and Hamilton streets.

Fan-zone party deflated by lacklustre Canucks game

Thousands watch at fan zone, many leave early ◐ Faithful fans confident about Game 7

MATT KIELTYKA
@METRONEWS.CA

Vancouver, we have some good news and we have some bad news.

The good news is that the Canucks are still one win away from the Stanley Cup.

The bad news is that the Boston Bruins are as well, after another lop-sided road loss yesterday forced the Canucks to return home in Game 7.

The Bruins jumped out of the gate early, scoring four first-period goals on their way to a comfortable 5-2 victory.

Canucks fans were also full of energy early as thousands gathered in the heart of downtown to watch the game.

But it didn't last long.

"I'm pretty disappointed. I had high hopes for this game," said David Thompson, who left the fan zone with his friends after the second period.

They weren't the only ones.

Hundreds of shell-shocked people fanned out of the zone, on Georgia Street between Richards and Hamilton, midway through the first period.

Those who stayed for the rest of the game were buoyed slightly by two Vancouver goals, but the loss still stung.

"I'm a Canucks fan first, last and always. I stay and watch the team even if we're down 20 to nothing," said Mantar Bhandal, draped in a Canucks cape and clinging to an inflatable Stanley Cup. "It's pretty frustrating to watch, it took me two hours to get here and I expected a win."

But fans haven't lost hope.

So far, the home team has won every game in the series, and Bhandal believes a friendly crowd will lift the Canucks to victory.

"It's going to be unreal. This place will be jam-packed, the roof will come off," he said. "Luongo has been really good at home, and if we get the big guns going, we can win it."

But expect some tension along the way, as Vancouver's entire season now rests on one game.

Game 7 will take place 5 p.m. Wednesday at Rogers Arena.

1 news

A doctor's personal struggle shows how aggressively arthritis can strike young patients. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Allan Small on what investors should do as negative headlines drag down stock markets. More at metronews.ca/investing

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DAVID PROCTOR/METRO

▶ Premier Christy Clark, left, and Roots of Empathy founder Mary Gordon at a kindergarten class at Morley Elementary in Burnaby yesterday.

Showing babies to stop bullies

Premier announces $4 million towards Roots of Empathy, an anti-bullying initiative

DAVID PROCTOR
VANCOUVER@METRONEWS.CA

Kindergarten students at Burnaby's Morley Elementary welcomed two special guests to their classroom yesterday: nine-month-old Lucas and Premier Christy Clark.

Lucas was visiting as part of the Roots of Empathy program, which builds empathy in children by allowing them to witness the development of a newborn baby.

Premier Clark came with Lucas to announce $4 million over five years for the program, which she says will help prevent bullying.

360
The provincial funding will allow the program to expand into some 360 kindergarten classrooms across the province this year.

"What we need to do as a province is make sure that every school is armed with the information about how to deal with bullying better," said Clark, who championed the Pink Shirt Campaign as a CKNW radio host.

"It's not just training people to deal with it once it happens, but to prevent it from happening, and that's why this program is so important. This $800,000 that we're spending today is going to do so much to prevent bullying in the future," she added.

Also in attendance was Mary Gordon, founder and president of Roots of Empathy.

"When you develop empathy, it's like a brake against aggression and hurting other people," Gordon said. "This is not just a thought that maybe bullying will go down; this is a guarantee."

Property crime halved over 10 years: Report

JEFF HODSON/METRO FILE

▶ Vancouver Chief Const. Jim Chu

A report that will be presented to the Vancouver Police Board tomorrow states property crime in Vancouver has seen the largest decline in the country over both the past five years and the past decade, but notes that the city still ranks behind several of Canada's largest cities.

The report examines data from the Canadian Centre for Justice Statistics, a division of Statistics Canada, and emphasizes that property crime in Vancouver has decreased by 41 per cent since 2004 and 55 per cent since 1999, settling at just 54 cases per 1,000 population in 2009.

Bernie Magnan, chief economist of the Vancouver Board of Trade, cautioned against relying too heavily on those statistics, however.

"You have to look at the statistics that are provided through the criminal-victimization survey, which Statistics Canada does every five years," he said.

"There is certainly a possibility that property crime is down, but it is not down as far as is reported in police statistics, because less of it is being reported to police," he said, adding that in 1999 only 31 per cent of the crimes recorded in the criminal-victimization survey had been reported to police.

DAVID PROCTOR

Crime rates

Property crime has historically been high in Vancouver.

1 The FBI reported in 2002 that Greater Vancouver's property crime exceeded that of every major U.S. city.

No booze, but no cup either

The Ministry of Public Safety and Solicitor General requested that six public and 13 private liquor stores in Downtown Vancouver close at 4:00 p.m. yesterday in anticipation of Game 6 of the Stanley Cup final.

The Vancouver Police Department had previously reported 2,850 liquor pour-outs during Game 5.

DAVID PROCTOR

HST voting packages in the mail

HST referendum voting packages are already in the mail for each registered voter in B.C.'s North, Interior and Island regions, and are set to arrive by June 17.

Packages for the rest of the province are scheduled for delivery the following week. The referendum could force a repeal of the contentious tax.

DAVID PROCTOR

Lost hikers found by RCMP

A 25-year-old man and a 21-year-old woman were found alive and well yesterday morning by an RCMP search-and-rescue team after being reported overdue from a hiking trip up Williams Peak, near Chilliwack. The RCMP credited the hikers' thorough preparation for the search's positive outcome.

DAVID PROCTOR

News in brief

U.S. vessel assists Canadians

A U.S. Customs and Border Protection vessel assisted a Canadian 22-foot pleasure boat with three people in the Juan de Fuca strait on Saturday.
METRO

Violent family feud

Members of two feuding Okanagan families allegedly fought with baseball bats Sunday in Kelowna. One person is in critical condition in hospital. Mounties are investigating. CKQC

Anesthesiologist shortage

Dr. Roland Orfaly of the B.C. Coalition of Anesthesiologists says only two ORs in Surrey's Jim Pattison Outpatient and Surgery Centre can be used due to lack of the specialists.
THE CANADIAN PRESS

Fewer Salmon in Fraser River

Between one million and 12 million sockeye could return to the Fraser River this year. Department of Fisheries and Oceans officials say the forecast matches similar years of the salmon cycle.
CHNL

Prices down on leisure property

A RE/MAX report on the number and cost of leisure properties in Canada reveals a buyers' market across the country. In B.C., a waterfront lot on any of the Gulf Islands averages just under $700,000, down from $1.3 million three years ago.
THE CANADIAN PRESS

Bike race gearing up

- Sold-out B.C. single-track race is now in its fifth season
- 500 participants already registered for 'Tour de France off-road'

SAHARA GIANNONE
VANCOUVER@METRONEWS.CA

CHRIS CHRISTIE/B.C. BIKE RACE

▶ Andreas Hestler racing in the B.C. Bike Race near Squamish in 2010.

Blessed with some of the best single-track trails on the planet, B.C. Bike Race organizer Andreas Hestler wanted to share B.C.'s bounty with the world.

The B.C. Bike Race boasts to be the largest mountain-bike stage race in the Western Hemisphere.

The weeklong excursion, from July 2–9, takes participants on a journey through nine different South Coast and Island communities.

"We are like the Tour de France off-road right here in B.C," said Hestler, director of marketing for the race. "We want ... to showcase to the world a different aspect of B.C."

Hestler and founder, Dean Payne, started the annual B.C. Bike Race in 2007.

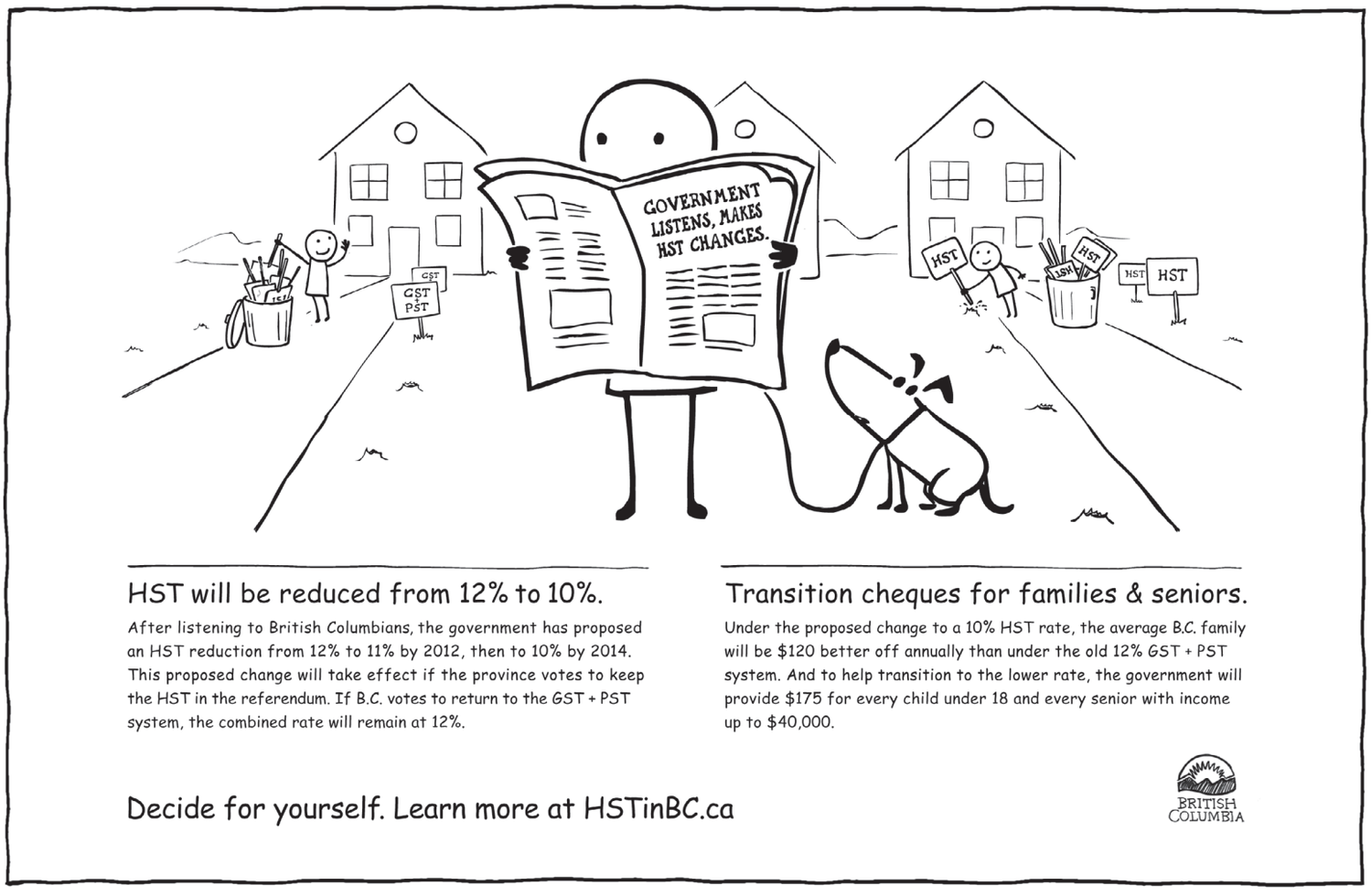
Payne had the vision, and Hestler, an Olympian (1996 Atlanta Games, mountain bike) and the winner of several national titles, had the biking experience.

Over the past five years, the race has attracted many Olympians and world champions.

Last year, the challenge category was added, allowing less-experienced riders to ride half the distance but still see all the sights.

"We have the best single-track trails in the world and we want to give everyone the chance to experience them," said Hestler.

For more information, visit www.metronews.ca



HST will be reduced from 12% to 10%.

After listening to British Columbians, the government has proposed an HST reduction from 12% to 11% by 2012, then to 10% by 2014. This proposed change will take effect if the province votes to keep the HST in the referendum. If B.C. votes to return to the GST + PST system, the combined rate will remain at 12%.

Transition cheques for families & seniors.

Under the proposed change to a 10% HST rate, the average B.C. family will be $120 better off annually than under the old 12% GST + PST system. And to help transition to the lower rate, the government will provide $175 for every child under 18 and every senior with income up to $40,000.

Decide for yourself. Learn more at HSTinBC.ca

BRITISH COLUMBIA

JENNIFER GAUTHIER/FOR METRO

Crushed fans of Canucks can only watch

- Vancouverites watched Game 6 of the Stanley Cup final on giant screen at corner of Georgia and Hamilton streets yesterday evening
- Many left early after Boston scored four goals in span of around four minutes in first period
- Game 7 takes place Wednesday at Rogers Arena

JENNIFER GAUTHIER/FOR METRO

JENNIFER GAUTHIER/FOR METRO

JENNIFER GAUTHIER/FOR METRO

Power mostly back after N.Z. quake

Yesterday's series of quakes sent bricks crashing down in the centre of Christchurch

Power was mostly restored to New Zealand's quake-rattled city of Christchurch early this morning, following strong aftershocks that brought down new buildings and caused the death of one nursing home resident.

The latest quakes — the strongest of which was 6.0 in magnitude — left tens of thousands without electricity yesterday, on a winter night when temperatures approached freezing. By afternoon today, around 7,000 households were still without power. The power company Orion said it was providing generators to fill some of the gap.

Water supplies were also compromised, and Mayor Bob Parker was encouraging people to boil their water.

More than 40 people suffered injuries, most of them minor, in the latest earthquakes. But the Canterbury District Health Board confirmed that a quake caused the death of one elderly resident of a nursing home, according to a spokeswoman who requested anonymity, citing policy. She did not have further details.

Thousands of aftershocks have followed the 6.3-magnitude quake that killed 181 people on Feb. 22.

That tremor and its aftershocks have been very shallow and close to the city, making them very destructive.

THE ASSOCIATED PRESS

NEW ZEALAND HERALD/THE ASSOCIATED PRESS

▶ Damaged St. John the Baptist Church is seen following a series of earthquakes that shook Christchurch, New Zealand, yesterday.

Authorities monitored First Nations: Documents

Documents recently released to First Nations researchers show the federal government, along with the RCMP and the Canadian Security Intelligence Service, have been monitoring aboriginal "occupations and protests," including peaceful ones, since 2006.

"A number of us who are involved in First Nations policy issues have been looking at the criminalization of First Nations activists by the government for being involved in protests or political actions," said Russell Diabo, a researcher who first published the information in his newsletter the First Nation Strategic Bulletin.

The documents, obtained through an access to information request, include two presentations made by officials with Indian and Northern Affairs Canada, the RCMP and CSIS, on monitoring "aboriginal extremism."

The documents show that as of summer 2006, members of the Privy Council Office, CSIS, Public Safety Canada, Indian and Northern Affairs and other federal departments were holding conference calls to share information about aboriginal protests and occupations.

Aboriginal Affairs and Northern Development (formerly INAC) Minister John Duncan did not respond to a request for an interview, but his staff sent a statement acknowledging the existence of reports on the topic of aboriginal "hotspots."

"INAC does monitor all emergencies such as floods, fires and civil unrest on an ongoing basis. This facilitates a quick support and response, as needed, to any emergency," the statement said.

The Assembly of First Nations said it could not respond to a request for comment in time for deadline.

JESSICA SMITH

Hotspot reports

- INAC also began a "Hotspot Reporting System" to spread information about "existing and emerging risks."
- The system works with intelligence-reporting systems run by CSIS's Integrated Threat Assessment Centre, Public Safety Canada and the RCMP.
- It included summaries of First Nations events, including peaceful protests, highway blockades and seemingly unrelated events such as an underground oil spill.
- They are described as reports "regarding activities that threaten public safety in relation to issues relating to aboriginal peoples in Canada."

Hackers block Spanish police site

Spain's National Police say hackers blocked its website briefly in apparent retaliation for the arrest of three suspected members of the international activist group Anonymous.

Police said yesterday the attack happened overnight Sunday but did not disrupt police computer operations.

On Friday police announced the arrest of three alleged members of the Spanish chapter of Anonymous, which has attacked corporate and government websites around the world.

Police said one of the suspects had a server used to hack into Sony's online PlayStation store but the three detainees were not involved in an April cyber intrusion that affected millions of PlayStation Network. THE ASSOCIATED PRESS

Doomsday preacher recovering from stroke

The California radio preacher who predicted the world would end last month was recuperating yesterday after suffering a mild stroke, his family and colleagues said.

Harold Camping's daughter, Susan Espinoza, said her 89-year-old father was recovering but had not been doing his regular live broadcasts from the threadbare headquarters of Family Radio International.

THE CANADIAN PRESS

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

▶ Harold Camping

Green party leader makes presence felt

Elizabeth May, the first and only Green party member elected to Parliament, said yesterday she plans to block the Harper government's plan to rush through a so-called "mega trials" bill this month.

Justice Minister Rob Nicholson wants the legislation passed by month's end but May said she'll deny the unanimous consent needed to fast-track the legislation.

As the lone dissenter so far, she said the bill needs thorough consideration.

Nicholson's urgency stems from last month's case in which 31 alleged Hells Angels bikers walked out of a Montreal courthouse after a judge found their trials would take too long. THE CANADIAN PRESS

Flying high with WestJet

JEREMY NOLAIS/METRO

▶ Lisa Kirkman uses her vaporizer.

Calgary travellers likely toked their way into the Canadian record books this month.

As first reported yesterday on metronews.ca/calgary, the group of four boarded a WestJet flight June 2 with a marijuana vaporizer and proceeded to use it throughout the flight without any hassle from flight attendants or fellow passengers.

Coincidentally, they were heading to Toronto for a conference on medical marijuana use.

"I just used it in my seat," said Lisa Kirkman. "They don't produce any smoke. That's kind of the reason this can be done. There's no combustion involved."

All four members are licensed to use marijuana for medicinal purposes.

Kirkman also used the drug while waiting to board to ease nausea.

Representatives with Transportation Canada said this was the first time they had been alerted to a vaporizer being used aboard a plane and were looking into the matter.

WestJet is waiting on confirmation from the organization on whether the practice is acceptable, said spokesperson Robert Palmer.

JEREMY NOLAIS

Sex-trade laws on trial

- Appeal-court case could see prostitution effectively decriminalized
- Representatives for 19 groups will argue for and against the law

NATHAN DENETTE/THE CANADIAN PRESS

▶ Dominatrix Terri-Jean Bedford holds a riding crop as she speaks to media outside the Ontario Appeal Court in Toronto yesterday.

A five-judge Appeal Court panel held the federal government's feet to the fire yesterday, grilling its lawyer about an assertion that prostitution laws aren't putting sex workers in danger.

Last year, an Ontario judge struck down the laws against keeping a common bawdy house, communicating for the purposes of prostitution and living on the avails of the trade.

Superior Court Judge Susan Himel found the laws were contributing to the danger faced by prostitutes, forcing them to choose between their liberty and their safety.

Sex-trade workers argue the laws prevent them from working indoors where it's safer, taking time to talk to a potential client to assess the risk they pose and hiring bodyguards.

The federal and Ontario governments are appealing the ruling, arguing there is no obligation to maximize the safety of prostitutes, because it is not a constitutionally protected right to engage in the sex trade.

Ottawa's lawyer, Michael Morris, argued that prostitution itself is dangerous and the harms are posed not by the laws, but by violent pimps and johns. Morris had a tough go in front of the judges, as they closely scrutinized and at times appeared incredulous at the government's claims.

"I find it hard to understand why it's not self-evident that these provisions harm the ability to carry out prostitution safely," said Justice David Doherty.

THE CANADIAN PRESS

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Campaign to save wheat board

ELISHA DACEY
@METRONEWS.CA

The province of Manitoba launched a media campaign yesterday in a bid to save the Canadian Wheat Board, saying farmers should be the ones to decide how it's run.

The campaign, which includes radio and television spots, is in response to federal Agriculture Minister Gerry Ritz's announcement immediately after the federal election that his government will dismantle the CWB next year.

"The Harper government believes that the last federal election gave it the mandate to dismantle a farmer-run organization. That logic, frankly, escapes me," said CWB chair Allen Oberg.

Premier Greg Selinger said three out of four farmers want the right to vote on whether or not the CWB should be dismantled. Currently, all wheat and barley producers must market their grain through CWB.

Selinger said the demise of the wheat board will mean more than the loss of 400 direct and 2,000 indirect jobs in Winnipeg. It will also have serious effects on the town of Churchill, the only inland shipping port on the Prairies.

Selinger acknowledged the campaign is an unusual step, and said he has not talked to Ritz or to the other Prairie provinces. He said the province will consider legal action if it fails to see a vote.

Ritz called the actions of the Manitoba government disappointing.

"It's disappointing, but not surprising, that the Manitoba government would be against an open and competitive market," the minister said in a statement.

A spokesperson from Ritz's office said the minister would not be speaking publicly about the Manitoba government's announcement yesterday.

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Police offer $50K for information on gruesome killing

A $50,000 reward is being offered for information that helps solve the killing and dismemberment of a man whose remains were found scattered in central Ontario.

Morris Conte, 45, was last seen May 21, 2010, in Caledon, about 60 kilometres northwest of Toronto.

Some of the Bolton, Ont., man's remains were found the next morning in the Sugarbush area of Oro-Medonte Township, north of Barrie, provincial police said yesterday.

A resident walking on Valley Woods Drive saw what appeared to be human remains and reported the gruesome find to police.

Later that afternoon, more than 100 kilometres from the first site, a person in Lake of Bays Township, east of Huntsville, discovered more human remains.

"At both of those locations, the human remains were left in such a manner that they were meant to have been found," Const. Peter Leon said yesterday.

Post-mortem examinations by the coroner and toxicology testing at the Centre of Forensic Science in Toronto determined that both sets of remains were from the same person.

On May 28, 2010, an employee working for a paving company found human remains on the shoulder of Stoneleigh Road, between Bracebridge and Baysville. Those remains were also found to belong to the same person. THE CANADIAN PRESS

Asking for help

The victim's mother, Maria Conte, made a tearful appeal yesterday in Caledon for the recovery of all of her son's remains.

- "Help us bring Morris home so that we can get the proper burial that he deserves," Conte said.

Bomber. Blaze

▶ A Second World War-era B-17 bomber is in flames after making what appeared to be an emergency landing in a cornfield in Oswego, Ill., yesterday.

BOB MUDRA VIA THE DAILY HERALD/THE ASSOCIATED PRESS

Flying Fortress engulfed in flames after landing

The vintage plane had taken off from nearby Aurora Municipal Airport. All seven people on board escaped before it was consumed by fire, according to the Federal Aviation Administration.

Smuggling ring smoked out in Romania

African diplomat and wife involved with Serbian crime ring, officials say

Prosecutors found 1,800 cartons of smuggled cigarettes yesterday in the car of an African diplomat's wife, who claimed diplomatic immunity and only left the vehicle when police smashed its windows.

The woman and her husband, the second counsellor at the Congolese embassy in Belgrade, are suspected of working with a Serbian crime ring that smuggled tax-free cigarettes from Montenegro to Romania.

After a two-hour standoff, officers smashed the windows and discovered the cigarettes stashed in the car, which had been specially altered to transport the contraband. Some cartons were stacked where the back seat had been and covered with a black cloth to avoid detection.

The woman, identified as Esther Pascaline, and her Serbian driver were detained.

Eleven Romanians who are suspected of being part of the smuggling ring are currently being questioned, said Mircea Andres, a regional prosecutor responsible for combatting organized crime and terrorism, by telephone. THE ASSOCIATED PRESS

Balkan borders

- Montenegro was the chief European cigarette smuggling hub for Western Europe in the 1990s.
- Despite claims by Montenegrin authorities that smuggling has ended in the past decade, Montenegro remains — on a lesser scale — a drug and cigarette smuggling centre for Europe, officials say.

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China. Flooding

▶ Residents walk past houses destroyed by a landslide triggered by torrential rain in Zhanqiao township of Linxiang city in south China's Hunan province yesterday.

THE ASSOCIATED PRESS

South China worse for the weather

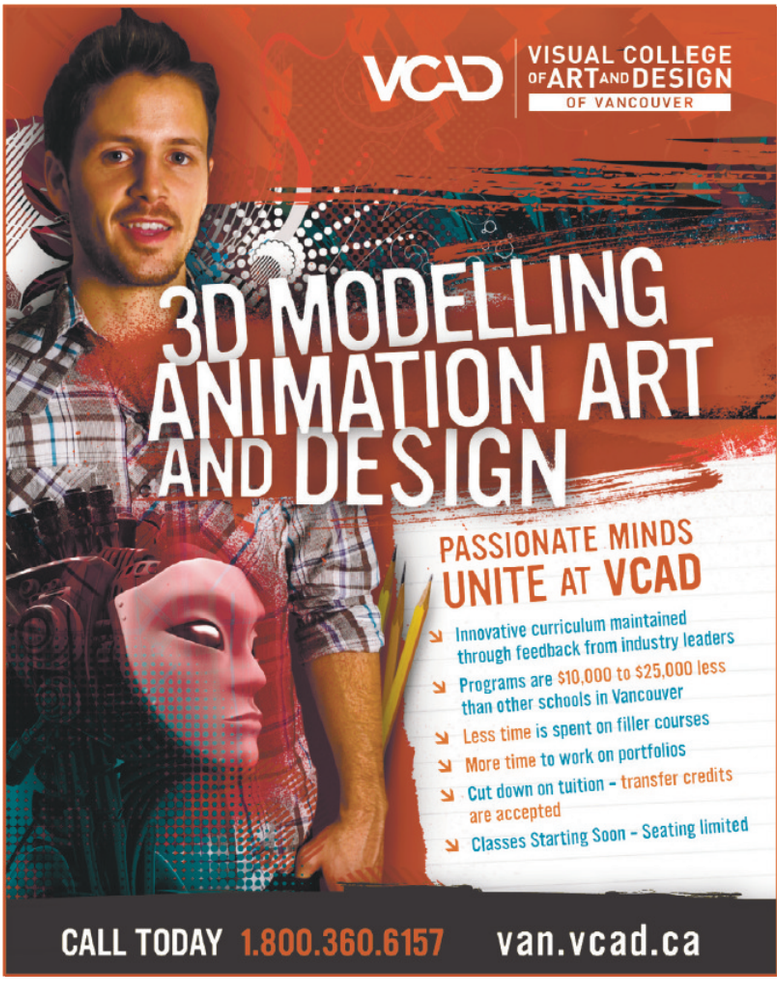
Unrest in China

Thousands gather in destructive protest Violence broke out Friday after pregnant woman pushed

Protesters in southern China's manufacturing hub torched emergency vehicles in an outburst of anger against police abuse of migrant workers, eyewitnesses said yesterday.

Sunday night's rioting followed three days of growing unrest in the town of Xintang in Guangdong province, the linchpin of China's crucial export industry. Accounts of the violence in state-controlled media have been sparse, but the official Xinhua News Agency says a government team has been sent to the area to quell rumours surrounding the unrest.

While violent protests in China have become frequent over the past decade, recent weeks have seemed particularly turbulent. The vast region of Inner Mongolia last month saw its biggest street demonstrations in two decades, while a man angry over land seizures set off three homemade bombs at government buildings in a southern city, killing three people. THE ASSOCIATED PRESS



Libyan rebels break Misrata siege

Photographer at the front lines said rebels nearly reached Zlitan, about 135 km from Tripoli outskirts

Libyan rebels yesterday broke out toward Tripoli from the opposition-held port of Misrata, 225 kilometres to the east, cracking a government siege as fighters across the country mounted a resurgence in their four-month-old revolt against Moammar Gadhafi.

The rebels gained a diplomatic boost as well when a visiting German foreign minister said the opposition government was "the legitimate representative of the Libyan people."

Guido Westerwelle was visiting Benghazi, the capital of the rebel-held east of the country, to open a liaison office and hand over medical supplies.

He stopped short of full diplomatic recognition of the Transitional National Council, as has the United States, awaiting the ouster of Moammar Gadhafi from his more than 40-year rule in the oil-rich North African country.

Germany has refused to participate in NATO airstrikes in Libya and withheld its support for the UN resolution that allowed the attacks.

What started as a peaceful uprising against Gadhafi has become a civil war, with poorly equipped and trained rebel fighters taking control of the eastern third of Libya and pockets of the west. But fighting had reached a stalemate until last week when NATO began the heaviest bombardment of Gadhafi forces since the alliance took control of the skies over Libya under a UN resolution to protect civilians from Gadhafi's wrath.

THE ASSOCIATED PRESS

Losing support

In London yesterday, Libyan analysts reported that Gadhafi lost another close official who defected and fled the country.

- **Sassi Garada,** one of the first men to join Gadhafi when he took power, left Libya through Tunisia, according to analyst Noman Benotman.
- **Guma el-Gamaty,** U.K. organizer for Libya's interim council, also confirmed the defection.
- **Initial reports** said Garada, who reportedly passed up several military promotions over the years to stay out of the limelight and serve Gadhafi, fled to Britain, where he has family members, but Benotman said Garada was in Switzerland.

LIBYAN STATE TV/THE ASSOCIATED PRESS

▶ In this image made from video broadcast by Libyan State TV last Sunday, Libyan leader Moammar Gadhafi, right, plays a game of chess with the visiting president of the World Chess Federation Kirsan Ilyumzhinov at an unknown location. According to Russia's Itar-Tass News Agency, Ilyumzhinov, a former leader of a republic in the Russian Federation, said the Libyan leader told him during the game that he does not have plans to leave Libya.

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FEATURES Al Fujairah, Muscat (overnight), Abu Dhabi and Dubai (overnight). Sails roundtrip Dubai. Interior stateroom.

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+ taxes & fees $133
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A loss of Facebook?

Report suggests website losing ground in Canada
Developing countries picking up the slack

The head of Facebook Canada says there's still plenty of room for the social networking giant to grow north of the border, but some new numbers suggest that may not be the case.

A report from trend-tracker Inside Facebook says the number of Canadians using the site has dropped by about 1.52 million to 16.6 million.

Canada's numbers reflect a global trend suggesting that Facebook use in a country seems to plateau when 50 per cent of the population is signed up. Some 49.27 per cent of Canadians use Facebook, says another trend tracker, Socialbakers.

But Jordan Banks, managing director at Facebook Canada, says he doesn't believe Facebook use in Canada is slowing.

"I don't think we're plateauing at all," he said in an interview this year. "When you take a look at ... how many times they come in a given month to how much time they spend, pages viewed — it continues to grow at a very rapid rate," he said.

THE CANADIAN PRESS

Global village

- **The number of people** joining Facebook in non-Western nations, notably Brazil, Mexico, Thailand and India, is on the rise, Inside Facebook Gold says.
- **The number of users** worldwide is just 13 million shy of hitting 700 million. Europe has the most number of users, at 205 million, according to Facebook's Ads Platform.

METRO WORLD NEWS

VINCENZO CONSENZA/FOR METRO

▶ The new edition of the World Map of Social Networks, created twice a year by Italian digital-management expert Vincenzo Consenza, shows that Facebook is the most popular social network in 119 countries among 134 nations analyzed. The map, released yesterday, is based on traffic data from Alexa & Google Trends for Websites.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 144.28 (12,939.72)	+ 0.16 (102.28¢ US)

Oil	Natural gas 1,000 cu ft
– $1.99 US ($97.30 US)	$4.76 US (+ 0.4¢ US)

Gold
$1, 515.60 US
(– $13.60 US)

Maple bids for TSX

Maple Group, the Canadian consortium looking to buy TMX Group Inc., has launched its $3.7-billion hostile bid, pitching it as a stronger platform for growth compared to a friendly merger with the London Stock Exchange Group.

Calling the Toronto exchange a global leader, Luc Bertrand, Maple Group spokesman and vice-chairman of National Bank Financial, said, "Our vision at Maple is to build on (its) strengths rather than shore up the LSE's weaknesses."

For the Maple deal to go forward, TMX shareholders must vote down the proposed merger with the London exchange at a meeting on June 30.

THE CANADIAN PRESS

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Air Canada workers walk off the job

Air Canada's customer-service agents and other airport workers are on strike after their union and the airline failed to reach an agreement.

A spokesman from the Canadian Auto Workers union, which represents the 3,800 striking employees, says pensions and wages were key sticking points.

Union president Ken Lewenza had said earlier there was a "huge gap" between the airline and the union on those two issues.

Air Canada says it has a contingency plan in place to continue operating a full schedule even as the strike goes ahead.

The airline urges passengers to check its website because a high volume of calls could make it a long wait to get through to its call centres, which were largely operated by employees who have walked off the job.

The union aired its concerns on pensions well before the strike began.

The airline had proposed that new hires would receive defined contribution pension plans instead of the defined benefit plans current employees have.

The company's unions agreed to accept numerous concessions worth billions to help the company to survive, but they insisted their defined benefit pension plans be saved.

Union officials have said the airline wants also to gut the pensions of current workers. THE CANADIAN PRESS

Strike is 'digging to the bone': Canada Post

Urban Canadians aren't getting letters today, but the union representing striking postal workers wants you to know that wasn't its decision.

Canada Post is limiting letter delivery in cities to Monday, Wednesday and Friday because the postal service has lost $65 million since the strike began, officials said yesterday.

"They are digging to the bone. They are pushing major customers to go to the competition," Canada Post spokesman Jon Hamilton said.

But the Canadian Union of Postal Workers countered that the limited delivery will disrupt mail service to more people in one day than the union's rotating strikes have in total so far.

Calling the move a "partial lockout," CUPW president Denis Lemelin accused Canada Post of trying to force Ottawa to legislate the postal workers back to work.

But as of yesterday, the government appeared to have ruled out back-to-work legislation for now.

Expressing concern about the impact of the dispute on the economy, the parliamentary secretary to federal Labour Minister Lisa Raitt said the government is still hoping for a negotiated settlement.

JESSICA SMITH/WITH FILES FROM THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

"Canada Post is trying to do everything it can to provoke the union into a national walkout in the hope that the government will intervene."
DENIS LEMELIN, CUPW PRESIDENT

Who's next?

- **Postal union leaders have** targeted Canada's two largest urban centres as their next strike targets.
- **About 15,000 workers** will stage a 24-hour walkout at midnight in Toronto and Montreal.

THE TRUTH ABOUT LIFE IN A CUBICLE

SHE SAYS ...

JESSICA NAPIER
METRO

I used to think Office Space was a hilarious comedy about disgruntled co-workers at a fictional software company. After working at a desk job for a little more than a year now, I have come to realize that the film is actually an extremely factual documentary.

While watching workplace-centric sitcoms and movies prepared me for the murderous feelings I would develop toward the photocopier, there are some realities of office life that you just can't anticipate until you start working in the trenches — or, in this case, the cubicle. Here are 10 things I've learned so far:

1. While the average workday lasts eight hours, you will only need to put in approximately three hours of real work. The rest of your day will be spent making to-do lists and looking at celebrity blogs.

2. You will be expected to eat a lot of cake. In order to avoid offending your co-workers, you will have to fake it with a slice of bad store-bought vanilla cake about once a month.

"The time it takes to complete an assignment has nothing to do with your own productivity but is entirely reliant on the number of bosses you have and how likely they are to disagree with one another."

3. If your name is Jessica, someone will call you "Jennifer" at least once a week.

4. The coffee brewed by the communal machine in your office kitchen is the worst cup of coffee you will ever taste. However, after refusing to drink it for a month or two you will eventually give in because … well, it's free.

5. When you buy yourself flowers, everyone will assume you have a secret admirer. If you like to be entertained by gullible co-workers, you will run with it and invent a fictional lover named Carlos who just loves to spoil you.

6. At some point, your boss will want you to befriend him or her on Facebook. You will spend two hours untagging photos of yourself posing as a drunken (insert wildly inappropriate theme-party costume here) before you begrudgingly confirm the friend request.

7. The time it takes to complete an assignment has nothing to do with your own productivity but is entirely reliant on the number of bosses you have and how likely they are to disagree with one another.

8. Even if your co-workers earn more money than you, they will still steal your food.

9. The IT manager is your best friend. Especially if you have a habit of spilling water on your keyboard or downloading viruses.

10. When you write lengthy emails with flowery language that would have made your grad school professor weep with pride, no one will care. After one month, all of your emails will contain only two words: "See attached."

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel

Register at metrolifepanel.ca and take the quick poll

Have you been inconvenienced by the rotating postal strike?

Local tweets

- **@Steve Nash:** Going for a walk & some dinner before the big game. Gotta say it's a pleasure to be on the road at the Stanley Cup Finals in a sports town.
- **@translink:** Downtown buses: Several major delays now occurring in both directions for routes affected by downtown detours. #Canucks #bringithome ^JJ
- **@Anna_Lilly:** The early closure of Vancouver liquor stores for the #Canucks game is getting more attention on my Twitter feed than ... the Canucks game.
- **@Miss604:** The Bay downtown is staying open until 11pm tonight in case they can sell their new commemorative championship #Canucks t-shirts...
- **@mozy19:** This may be the slowest day of the year yet. #canucks RT @vancityallie: Is it 5 PM yet?
- **@VIAwesome:** What time did the gold medal game start? Wasn't it like noon, or earlier? 5PM ALREADY PLZ!!! #Canucks
- **@gamewornjersey:** The only prediction I have is that I am going to be an emotional basketcase this week. #gocanucksgo #onemorewin

Worth mentioning

LONDON. A 40-year-old American man living in Scotland said yesterday he is sorry for posing as a Syrian lesbian blogger who offered vivid accounts of life amid revolt and repression in Damascus, a hoax that has exposed the difficulty of sifting truth from fiction online.

Tom MacMaster said he created the fictional persona of Amina Arraf and the Gay Girl in Damascus blog to draw attention to conditions in a Middle East convulsed by change.

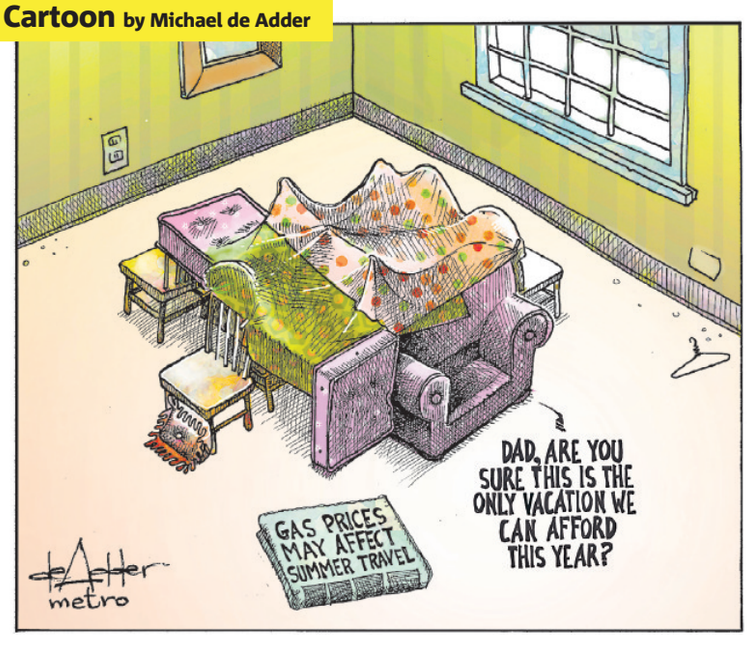
"I never meant to hurt anyone," the Edinburgh University grad student wrote in an apology on the blog. The university said it had suspended MacMaster's computer privileges while it investigated whether he had breached its rules.

Gay-rights activists and bloggers say MacMaster has endangered real people who are trying to tell their stories in authoritarian societies.

"He completely stole the limelight of real LGBT bloggers and activists in the Middle East and diverted it in a negative way," said Dan Littauer of the website Gay Middle East.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Miami suffers premature celebration

The Dallas Mavericks' win over the Heat is a huge upset for basketball fans in Miami. Making matters worse, an ad in a local paper mistakenly congratulated the Heat on winning.

A full-page ad that ran in yesterday's Miami Herald reads "Congratulations Miami" next to photos of Heat championship T-shirts and hats from Macy's. One T-shirt reads "Heat 2011 NBA Finals Champions" and the ad shows the Heat's logo on a hat with the words "NBA Champions."

The ad ran under a story about the Heat's loss.

The newspaper issued a correction and apologized for any inconvenience.

A Macy's spokeswoman called it an unfortunate error and apologized to Heat fans.

The Mavericks beat the Heat 105-95 Sunday in Game 6 of the NBA finals in Miami.

THE ASSOCIATED PRESS

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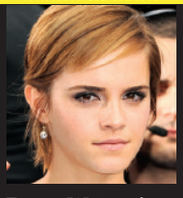
2 scene

Scene in brief



Emma Watson is preparing for the next chapter of her life. The Harry Potter actress acknowledges in the July issue of Vogue that she needs to find her way out of the bubble, which she describes in part as the safe world of life on the set of the successful film franchise.

Watson says that she wants to explore more of her creative side.

THE ASSOCIATED PRESS

Hollywood's new top lobbyist avoids tough issues in speech, praises Chinese industry

CONTRIBUTED

▶ Jim Carrey is all in a flap in Mr. Potter's Penguins.

Face time with Jim Carrey

On a frigid set with real penguins, the Canadian comic returns to his famous facial mugging It's still all just play for Carrey

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

After years of making a fortune off of his elastic face, Jim Carrey is still finding new ways to manipulate it — though not all of them are intentional.

"My face kind of operates on its own nowadays. It just kind of does what it wants to do. Sometimes it's appropriate and sometimes it's not," he says. "Sometimes in the editing room, we'll go, 'That's not human. We want to take that out. Eyebrows aren't supposed to do that. That's going to distract people, flat out.'"

After a few live-action roles that required less facial manipulation, Carrey returns to the type of mugging that made him famous in his latest, Mr. Popper's Penguins, which pits his neat-freak corporate real estate broker against six new waddling house guests — played by a mix of animatronics, CGI stand-ins and real, live penguins. It was a working environment more than a little challenging.

"The set was so cold that I was fighting pneumonia the entire time," he says. "I'm Canadian. I have a little background with that. But it wasn't even about the health of the penguins. It was because they're Method. That's what I found out."

Filming in New York in not exactly wintery conditions only added to the climate confusion. "Then there was going outside when it was 75 or 80 degrees in five layers of clothing and a parka," he remembers. "That was an odd mix to act with."

Acting challenges aside, Carrey cops to an affinity for his flightless co-stars. "I think that's why we love penguins, because they don't belong anywhere," he says. "They're wobbly and vulnerable, and they're not really fish and they're not really birds, and that's how I feel. Probably a lot of people do."

A return to more physical comedy also meant a return to childhood for the 49-year-old actor. "I find I'm still doing things and little tricks and fun things that I created when I was 10 years old," he says. "The play you do when you do when you're a kid is so super-important. I'm so lucky that my life didn't get turned upside down till I was 11, because I had a lot of great play and a lot of creativity that still comes into play for me."

Intense

Jim Carrey has become an intense user, with more than 3 million followers on Twitter. Here are some recent postings.

- @JimCarrey Yesterday i tried to take a pic of the paparazzi that i have inherited here in NY but i left the lens cap on. Guess that's why they're them and i'm me.
- @JimCarrey Queen Victoria's bday. Another great excuse to get drunk and blow sh#t up!

Biel is 'completely over' Timberlake

Sources say Jessica Biel is getting close with co-star Colin Farrell

Jessica Biel's dating life has been the subject of much speculation since she split from Justin Timberlake, and now she's rumoured to be getting close to her Total Recall co-star, Colin Farrell, according to Hollyscoop.

"Jessica loves Colin's accent and personality," a source says.

"She's completely over Justin, she's having fun being single and thinks Colin is a blast.

They've been hanging out between takes and Colin's suggested they go out after work."

METRO

GETTY IMAGES

Jessica Biel is starring alongside Colin Farrell in Total Recall.

Pippa now single

Pippa Middleton, who turned heads at her sister Kate's wedding to Prince William, is reportedly single after calling it quits with boyfriend Alex Loudon after six months of dating, according to the Sun.

"It is common knowledge in their close circle of friends that Pippa and Alex have recently split up," a source says, while another source adds that Middleton's newfound fame became difficult to cope with for the couple.

"Pippa has become very high-profile and it's put a strain on things," the source says. "They're moving in different circles."

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Pippa Middleton

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Study: Weight-loss surgery fails to extend life in very obese older men during first 7 years

ISTOCK PHOTO

▶ Laughter therapy has long been known to help patients with chronic pain.

The best medicine?

Project Commando gets the blood pumping with a big dose of its laughter therapy program The non-profit group helps support those with chronic disease, in severe pain

CELIA MILNE
LIFE@METRONEWS.CA

They're not sick jokes, but rather jokes for the sick.

A new, non-profit company called Patient Commando is making sure that stories about health struggles — both sad and funny — get told and listened to. Laughter therapy has long been known as a powerful tool to release tension and get the blood pumping more efficiently.

In Patient Commando's promotional video, a comedic actor spoofs everyone's worst hospital nightmare.

Donning his hat, socks and shoes, he tries to make a dignified exit, but his hospital gown isn't done up and his bare bum jiggles hilariously for all to see.

Comic relief — through laugh therapy and live theatre shows — is one of the ways that Patient Commando helps support people who have chronic disease, terminal disease or are suffering from bereavement.

"I'm interested in the expression of the story. Listen to the patient voice."
TORONTO FOUNDER OF PATIENT COMMANDO ZAL PRESS

The company also encourages people to tell their stories.

"I'm interested in the expression of the story," says Toronto founder of Patient Commando Zal Press. "Listen to the patient voice."

Press himself has struggled with the painful symptoms of Crohn's disease, an inflammation of the intestines, for 30 years.

"It feels like a cat trapped inside my gut trying to claw its way out," he tells Metro.

Press gave up his job selling home decor to start Patient Commando.

The company will be conducting public "laugh therapy" workshops at the Centre for Social Innovation in Toronto from June 15 to July 30.

For more information, go to patientcommando.com.

Good laughs

It seems obvious that laughing is good for us, but is there actual evidence? Spanish researchers assessed all the literature they could find about laughter therapy. A good chuckle has health benefits that are:

- Physical
- Psychological
- Social
- Spiritual
- Quality-of-life related

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Hip, hopeful and happy

- Picture Carrie Bradshaw with her Stella McCartney Yoga mat and Chai Tea Lattes rather than cosmopolitans
- Life coach Gabrielle Bernstein, author of Add More-ing To Your Life, tells us how to be happy no matter what

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Set your alarm to happy time

Remember to reconnect with the desire to be happy and tune into a positive perspective as soon as you wake up. Set an alarm on your phone saying, 'Today happiness is my primary function' and have it on snooze at morning, midday and in the evening.

Practice the 'F' word

Forgiveness is the key to personal development and the tool that will guide you to go past resentment and not stay hung up on negative thoughts. It may sound tough, but the first step is to identify the people you resent and you need to forgive and let go of the negative situation. This resentment is lowering your energy so moving on will give you the impetus to move forward.

Meditate

Meditation isn't about big Buddhas, spirituality and fluffy pillows — it doesn't have to be done one 'way'. It can be as simple as sitting and listening to a song that makes you feel good as you focus on your deep breath.

Walking can also be a powerful tool for meditation: breathe in on one step and out on the other. The idea is to tune into that peace so that we can reconnect with the loving presence in us and make decisions based on loving choices.

Be grateful

Make a list of the things in life you are grateful for, focusing on the good stuff like your family, paycheck and sunny weather.

Focusing on what we have, not what we don't have, unleashes the presence of our inner guidance, our 'ing'.

Focus on appreciation and gratitude and you will attract an abundance of high-level experiences such as a wave of energy and creative ideas.

Jump!

Jumping on a trampoline is invigorating, brings you balance and makes you feel like a child again. Moving is a big part of happiness and ultimately finding a physical activity that ignites inner spark, whether that's dancing or running, is vital.

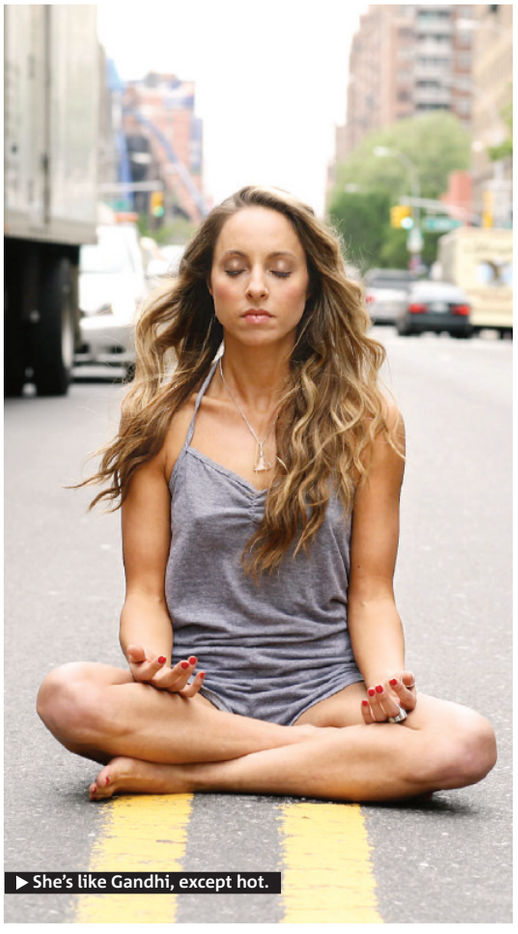
Limit your daily intake of negative news

Between the Japanese Earthquake and Osama bin Laden's death and consequent terrorist threats, it seems like we've already hit our bad news threshold for 2011. Pick and choose the news you read. Instead of going to world news or main headlines, read the Life and Style or Sports section. Read your news at lunchtime, as you are less vulnerable to the impact of bad news on your mood at that time of the day.

WWGD?

If you're being wrongfully attacked by someone and are feeling defencelessness, ask yourself this, 'What would Gandhi do?' Expressing anger toward them will not make you feel any better so when in that moment try and remind yourself that fighting back isn't going to help. Focus on looking for and finding peace in a non-peaceful situation.

METRO WORLD NEWS



▶ She's like Gandhi, except hot.

30 days of no gossip

When we gossip about other people we lower our energy field. Hang out with positive people that make you feel good and share you energetic space.

If your energy levels are low, you will attract low-leveled people.

DSALAS

Yoga pose.
Cow Pose/Bitilasana

What you do

1. Stand on your hands and knees in a table top position making sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor.
2. As you inhale, lift your sitting bones and chest towards the ceiling, allowing your belly to sink towards the floor. Lift your head to look straight forward. Beginners can protect their neck by broadening across the shoulder blades and drawing the shoulders down away from the ears.
3. Exhale, coming back to neutral tabletop position on your hands and knees. Repeat 10 to 20 times.

Benefits

- Stretches the front torso, neck, abdominal organs and spine.
- Provides a gentle yet firm massage to the spine, kidneys and abdominal organs
- Aids digestion and elimination.
- Opens up the hips, eases neck and shoulder stress and tension.
- Improves posture

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

Up and down

A good nag
Don't feel guilty about venting to your friends about your colleagues. American researchers claim that the human brain has evolved to thrive on gossip, vital in helping us draw a line between who are our friends and our enemies. The study focused on the phenomenon of binocular rivalry (a different image is put in front of each eye and the brain sees one and then the other). People spent longer dwelling on the faces of those embroiled in scandal. This is our own way of keeping out of trouble.

Short men
Women are attracted to taller men, as they assume them to be more powerful and therefore more able to protect them and their children. According to one theory of evolution, women perceive taller men as being better fighters (able to give their opponent a good knock of the jaw), powerful and of overall stronger health. It could be time for Katie Holmes to rethink her choice of man.

Testing for autism not an exact science

Not enough evidence for routine screening for autism, researchers say

Not enough sound evidence exists for routine screening of all preschoolers to determine whether they have autism, researchers said Monday.

In a paper published in the online edition of the journal Pediatrics, a team at McMaster University in Hamilton said that screening and diagnostic tools are still being developed and revised, and no therapies have a "curative outcome or well-established efficacy to change the course of the condition."

More research is needed because none of the screening tests currently available has "high sensitivity, high specificity and high predictive value ... in a population-wide screening program," wrote Dr. Jan Willem Gorter of the CanChild Centre for Childhood Disability Research, and colleagues.

But the American Academy of Pediatrics has taken a different stance, recommending that screening for autism be incorporated into routine medical practice. Gorter said in an interview that he hasn't heard of any similar advice from the Canadian counterpart organization.

"If you want to implement such a program you would like to know if you do more good than harm. That actually was our starting point, to go to the literature and find out more about screening," he said.

"Clearly autism is a developmental disability that has a huge impact on children, lives and families and society, so that would be a good reason for screening. Then we looked at what the tests are and what we know about the tests for screening for autism and found there was not much literature supporting that, and you wonder if you do more good than harm."

He also expressed concern about the impact on parents and children if there is a false positive or false negative for autism spectrum disorder.

THE CANADIAN PRESS

By the numbers

Recent studies show that autism rates are on the rise.

Statistics The study in Pediatrics says the number of children diagnosed with autism has grown from an estimated 0.8 cases per 1,000 in 1983 to 11 per 1,000 in school-aged children in 2007.

ISTOCK PHOTOS

▶ There are conflicting opinions if standardized testing should be applied for autism.

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MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ You can reduce the prosciutto, ketchup and Parmesan in the recipe to reduce the sodium.

Is it possible for the Sloppy Joe to be even sloppier? Yup

These Sloppy Joes start with the intensely flavoured base of tomatoes, beef and pig products. Then they get spooned onto toasted deli rolls and topped with provolone cheese and tossed under the broiler for a minute or so. The result is a beefy sandwich that will leave everyone at the table satisfied.

Preparation:

1. In saucepan over medium-high, combine olive oil, garlic, onion, paprika, basil and oregano. Sauté until onion is tender and seasonings fragrant, about 5 minutes.
2. Add ground beef and prosciutto. Sauté until beef is cooked through and prosciutto begins to brown, about 8 minutes. Add tomato sauce, ketchup and vinegar and bring to a simmer. Stir in Parmesan, season with salt and pepper.
3. Set oven to broil. Arrange bottom halves of rolls on a baking sheet, then spoon some of the sloppy Joe mixture onto each. Top each with a slice of provolone, then broil just until cheese starts to melt. Top with the other halves of the rolls.

THE ASSOCIATED PRESS

Ingredients:

- 30 ml (2 tbsp) olive oil
- 4 cloves garlic, minced
- 1 medium yellow onion, diced
- 2 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) dried oregano
- 625 g (1 1/4 lb) lean ground beef
- 250 g (1/2 lb) prosciutto, finely chopped
- 1 can (398 ml/14 oz) tomato sauce
- 125 ml (1/2 cup) ketchup
- 30 ml (2 tbsp) balsamic vinegar
- 125 ml (1/2 cup) grated Parmesan cheese
- Salt and ground black pepper, to taste
- 6 bulkie or kaiser rolls, toasted
- 6 slices provolone cheese

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It may be simple, but it's not your average hot dog

John Wolfe's second Fresh Local Wild concept is smokin' the competition

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

I know what you're thinking: 'Why is she featuring a boring old hot dog?'

Yes, this does appear to be your average sausage-in-a-bun. However, one bite (or sniff) will hint unto its special preparation and distinct flavour.

Inside Sausage à Trois' small on-cart smoker sits a cast iron skillet full of Alder Wood and Cherry Tree chips. The heavy smoke billowing from the pan is so thick and scented, it practically conceals the man preparing your dog and leaves you smelling like a campfire for the entire day.

'Trois' is the number of methods used to cook the meat: steaming, smoking, then grilling (adding that crispy 'pop' of toasted skin when you bite in).

'Trois' is also the number of wieners on the menu: the Vienna Sausage (pictured with spicy mustard and sauerkraut), Cheddar Jalapeño Smokie, and Smokie-Style Sausage.

Other items like a BBQ Brat and a Polish-Style Sausage will make appearances as well.

ERIN IRELAND

▶ Smoked Vienna Sausage.

Sausage à Trois
Hastings & Hornby
freshlocalwild.com
freshcafe.ca
Social lunch: Yes
Quick solo lunch: Yes
Licensed: No
Price range: $5
Rating: 3 out of 5

THE CANADIAN PRESS HO/ FOODLAND ONTARIO

Strawberry Lemonade

Preparation:

1. In a blender, blend together strawberries, lemonade concentrate and sugar until smooth.
2. For each drink, pour equal amounts of strawberry mixture and soda water into tall glass; stir and add ice.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients:

- 500 ml (2 cups) fresh local strawberries, hulled and quartered
- 125 ml (1/2 cup) frozen lemonade concentrate
- 50 ml (1/4 cup) granulated sugar
- 500 ml (2 cups) chilled soda water
- Ice cubes
- Whole strawberries, for garnish

Give Dad a memorable day

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

What a difference a generation makes. Back when my kids were small, Father's Day was under or overdone pancakes, handmade cards, a walk in the park and an extra glass of wine at dinner.

Now, we're talking barbecues, iPads, golf clubs and other products that put a serious dent in your wallet. With personal, non-mortgage debt per capita hitting an all-time high of $26,000, it's time for one word. Don't.

How much sense does it make to take on debt for a gift that says I love you, to the father or man in your life? None at all.

On the other hand, traditional cheaper gifts aren't necessarily appreciated. According to a recent TD Credit Cards survey, 65 per cent of dads are unimpressed with yet another tie on Father's Day.

Joining the list of Dad's day clichés (read, please don't buy one for me) are coffee mugs and DIY tools. A tool can be cool but if Dad is struggling to keep up around the house he might not want a reminder that there's more to be done.

So what's a daughter, son or wife to do? My vote goes to a picnic complete with a fun activity such as catch, Frisbee, a putting contest, an old-fashioned game of horseshoes or a bike ride.

Roast a chicken or fish fillets the night before, add a potato or pasta and green salad, throw in a fresh baguette with a soft, extra creamy cheese, grab some sinful cookies at a local bakery or make a batch of brownies — and you're done!

That's it! No shopping. No pressure. And we do feel pressure over Father's Day. The TD survey discovered that nearly 40 per cent of Canadian sons, daughters and wives are stressed over finding an appropriate and affordable gift. So give yourself a break and the man in your life a memorable (and inexpensive) day.

ISTOCK

▶ Alison's Money Rule: A fabulous Father's Day starts, not with your wallet, but in the kitchen and the great outdoors.

Get creative

Make this Father's Day one to remember.

- Give him a unique experience.
- Take him to a place he's never been.
- Offer him a new taste.

HANGING OUT WITH YOUR OWN CREW IS STILL OK

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ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

I can't stand my hubby's friends and he can't stand mine. What should we do? Ditch them?

Angela says ...

Every relationship is different and comes with its own set of dynamics.

I think it's perfectly healthy for each partner to have their own group of friends, whose company they enjoy separately.

Hopefully you also have some mutual friends.

If not, get out there and make some.

Derek says...

To Angela's point, hanging out separately with friends is totally healthy — so long as you don't start ragging on your partner after she or he has been out with them.

That will lead you down the path to problems.

Besides, if you're going to start knocking on someone, better to do it together.

It's more fun that way.

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ELSA/GETTY IMAGES

▶ Boston's Milan Lucic scores a goal against Vancouver goalie Roberto Luongo in the first period last night.

Bruins chase Luongo from the net with three early goals, send series back to Vancouver

It was a short night for Vancouver Canucks goaltender Roberto Luongo.

Luongo was pulled after allowing three quick goals in the first period of Game 6 of the Stanley Cup final against the Boston Bruins last night.

Boston won the game 5-2, forcing a Game 7 tomorrow night in Vancouver.

The Bruins chased Luongo at 8:35 after Andrew Ference's power-play goal made the score 3-0. Luongo had previously allowed goals 35 seconds apart by Brad Marchand and Milan Lucic.

Vancouver coach Alain Vigneault made the decision to pull Luongo after he stopped five of eight shots.

BRUINS	CANUCKS
5	2

"I just felt it was the thing to do at the time," Vigneault said.

Vigneault said Luongo would start Game 7 in Vancouver, where the goaltender has been excellent.

"I haven't talked to him. He knows he's going back in next game. He's going to be real good," Vigneault said.

Luongo said he was ready to move on from his poor performance.

"I've got to believe in myself, right? That's a big component of bouncing back and playing a good game," Luongo said. "So we're going to put what happened tonight behind us as soon as possible and get ready for obviously what is going to be a dream — as far as playing in a Game 7 of a Stanley Cup final."

Backup Cory Schneider replaced Luongo and gave up another goal in short order and the Canucks trailed 4-0 after 20 minutes. Schneider finished the game, stopping 30 of 32 shots.

Boston goaltender Tim Thomas stopped 36 of 38 shots and was named the game's first star.

"He's been in his zone through the whole playoffs," Boston coach Claude Julien said. "You can barely count on one hand the bad goals he's given up in the whole playoffs. We all know that teams that have won the Stanley Cup have had unbelievable goaltending. We feel like we've got that."

While Luongo's struggles have been limited to the East Coast, the Sedin twins finally showed life for perhaps the first time in the series. The NHL's last two scoring champions have done a monumental disappearing act in the final, though they doubled their point total for the entire series when Daniel Sedin assisted on Henrik Sedin's backhand in the third period for just the second goal of the series by Vancouver's league-best power play, which dropped to 2 for 31.

Daniel Sedin, the NHL scoring champion, added an assist on Maxim Lapierre's third-period goal, giving him four points in the series.

THE CANADIAN PRESS/WITH FILES FROM THE ASSOCIATED PRESS

4 sports

Quoted

"We'll take whatever we can get. Scoring goals, getting the twins on the board, a power-play goal — it's all stuff you can build off of."

CANUCKS GOALIE CORY SCHNEIDER ON VANCOUVER'S LATE GOALS IN ITS 5-2 GAME 6 LOSS IN BOSTON.

Scan code for more sports.

One last chance remains

Canucks may have struggled on road, but still have shot to win at home

History is on hold for at least 48 more hours.

The Vancouver Canucks were not ready for their first opportunity to close out the Boston Bruins and win the Stanley Cup, not even close. Now the hockey world will find out once and for all what they're made of during a Game 7 played in front of the towel-waving, white-knuckled fans at Rogers Arena.

They barely bothered showing up for the road games at TD Garden.

Roberto Luongo took most of the blame for an ugly 5-2 loss in Game 6 that came directly on the heels of a shutout at home. He played less than nine minutes last night and surrendered three goals before being replaced by hometown boy Cory Schneider for the second time in the series.

"Four bad minutes and the game was gone."
CANUCKS DEFENCEMAN CHRISTIAN EHRHOFF

Alain Vigneault was quick to end any speculation about his goaltending and named Luongo as his man for the biggest game in Canucks history tomorrow night.

It's difficult to anticipate what to expect, especially in one of the strangest Stanley Cups finals ever played. Luongo was terrible at TD Garden — he allowed 15 goals here in roughly six periods of play — but has been virtually unbeatable in Vancouver, where he's taken to clearing his head with pre-game walks along the seawall.

Perhaps one more stroll will wipe away any bad thoughts that might be lingering.

"I don't have to say anything to him," Vigneault said. "He's a professional. His preparation is beyond reproach and he's going to be ready for Game 7."

Vancouver should also have concerns with the man in the other goal.

Tim Thomas is writing a Hollywood script almost as unlikely as his long winding route to the NHL, allowing just eight goals so far in the six-game series to essentially end the debate about who should take home the Conn Smythe Trophy as playoff MVP.

The 37-year-old Thomas was forced to be sharp again in Game 6, especially once Boston stopped pressing the attack after building a 4-0 lead.

All of those goals came during a stunning first period. Vancouver actually carried the play early — even shaking off a scary-looking injury to forward Mason Raymond just 20 seconds in — until Brad Marchand got the home crowd back into it by beating Luongo with a long wrist shot at 5:31.

The Canucks goaltender appeared to be off his angle on the play and looked no better when Milan Lucic squeezed a shot through his legs at 6:06 and Andrew Ference beat him from the point at 8:35.

In came Schneider and out went virtually any chance of seeing captain Henrik Sedin accept the Stanley Cup from NHL commissioner Gary Bettman. At least on this night. **THE CANADIAN PRESS**

▶ Tim Thomas blocks the goal as Ryan Kesler jabs at the puck.

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CHARLES KRUPA /THE ASSOCIATED PRESS

MARK RECCHI

Veteran keeps his team on track

The Bruins were facing elimination in Game 6 of the Stanley Cup final, and Mark Recchi knew just how to keep his teammates focused.

The 43-year-old Boston forward brought his Stanley Cup championship ring to TD Garden last night and showed it around the locker-room before the game. Then he went out and assisted on three goals as the Bruins beat the Vancouver Canucks 5-2 to force a decisive Game 7.

"This is what we dream of, right here: Game 7 of the Stanley Cup final," said Recchi, who with Shawn Thornton is one of two Bruins to have his name on the trophy. "Let's go see what we can do."

Recchi helped set up Brad Marchand's goal to open the game just 5½ minutes in, then added another assist on Andrew Ference's goal just three minutes later, and Boston already led 3-0. After Vancouver scored to cut the deficit to 4-1 in the third period, Recchi made a cross-ice pass through the crease and David Krejci put it past backup Cory Schneider to help clinch the victory.

The win kept the Bruins' chances of a championship alive.

It also meant one more game for Recchi, who has said he would retire if Boston wins it all and could call it quits even if they lose.

"It crosses my mind, but I have a job out there to do for the guys and I can't put those thoughts in my head," he said.

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WILFREDO LEE/THE ASSOCIATED PRESS

▶ Miami's LeBron James, left, looks at Dwyane Wade during a news conference after Game 6 of the NBA finals.

King James still without NBA crown

LeBron's most scrutinized season ends with puzzlingly lacklustre finals

There were seven seconds left in the NBA season and the Dallas Mavericks were beginning their championship celebration when LeBron James started slowly walking toward Dwyane Wade, his right hand outstretched.

A quick embrace, and with that, the off-season began.

For the Miami Heat, it's time to regroup.

Changing locales did not bring change to the ultimate outcome for James, whose eighth NBA season and first in Miami ended the same as his seven in Cleveland — without a championship. He took a swipe at those who criticized him and the Heat, saying the quality of their lives will not improve because he failed to win a title.

"There's no distractions that can stop me from trying to chase an NBA championship," James said Sunday night, after Game 6.

The Heat had the homecourt edge, were perceived as favourites and came into the finals flying high after needing only 11 games to get past Boston and Chicago.

Then ... thud.

A Game 1 win was followed by a Game 2 collapse, and the series was never the same as Dallas won four of the final five contests.

Dallas rejoices

The Mavericks returned home yesterday, cheered by hundreds of fans celebrating the team's NBA title at Love Field airport in Dallas.

- The championship, the first in the team's 31-year history, is a breakthrough.
- The franchise was once one of the worst in the NBA and, even after owner Mark Cuban's infusion of cash, had a reputation of failing to win big games.

"There's no hiding," said Chris Bosh, who doubled over crying in the bowels of American Airlines Arena after Game 6. "In the NBA you play a series, best of seven games, usually the better team is going to win.

"So we've got a lot of work to do. We have to go back to the drawing board. It hurts to come this far and come up short."

THE ASSOCIATED PRESS

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NHL

MacLean to coach Sens, sources say

Detroit Red Wings assistant Paul MacLean has been hired as the new coach of the Ottawa Senators.

Two people familiar with the decision confirmed the move yesterday, speaking with The Associated Press on condition of anonymity because it had not been formally announced by the Senators. The hire was first reported by ESPN.com.

The Senators fired head coach Cory Clouston and two assistants in April after the team failed to qualify for the playoffs for the second time in three seasons.

PAUL SANCYA/THE ASSOCIATED PRESS

▶ Paul MacLean

MacLean has spent the past five years as an assistant in Detroit, helping the team win the championship in 2008. He and Wings coach Mike Babcock also worked together for two years in Anaheim, taking the Ducks to the Stanley Cup final.

MacLean spent 11 seasons in the NHL, playing in 719 games for Winnipeg, Detroit and St. Louis from 1980-91. He finished with 324 goals and 349 assists.

Prior to joining the Anaheim coaching staff in 2002, the Antigonish, N.S., native was head coach of the Quad City Mallards of the United Hockey League. He also spent time coaching minor-league teams in Kansas City and Peoria, Ill., and has been assistant coach with the Phoenix Coyotes and a scout for the St. Louis Blues.

In Ottawa, MacLean will be working for general manager Bryan Murray, his old boss in Anaheim. Murray, who recently received a three-year contract extension, has fired three coaches since he left the job himself to become GM after the Senators reached the final in 2007. THE ASSOCIATED PRESS

NBA enters off-season of uncertainty

As Dirk Nowitzki and Dwyane Wade traded big shots in a thrilling NBA finals, with fans tuning in at levels the league hadn't seen since the days of the Kobe-Shaq Lakers, the questions came more frequently.

How can commissioner David Stern tell all those viewers to go watch something else?

How can they shut it down now?

"It's an odd position, when the game is the best it's ever been, when the ratings are the highest they've ever been, when the excitement is the greatest it's ever (been)," players association lawyer Jeffrey Kessler said last week. "It's sort of odd to see the owners say we're going to destroy this game unless you change this whole system. Players just want to play."

When the Dallas Mavericks finished off the Miami Heat Sunday, it sent the NBA into a most uncertain off-season.

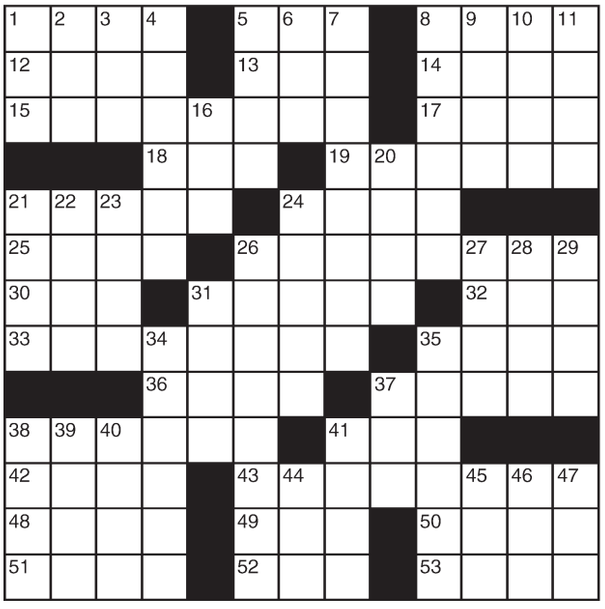
Owners and players are nowhere close on a new collective bargaining agreement to replace the one that expires June 30. Without a new deal, players say they have been told by the owners they will be locked out.

The NBA was reduced to a 50-game season by a work stoppage in 1998-99, and the loss of games is a threat now. Citing league-wide losses of about $300 million US this season, the league hasn't budged on its desire for significant changes to the financial structure, ranging from reductions in the length of contracts and the amount of guarantees, to an overhaul of the salary cap system that would prevent teams from being able to exceed it, as they can now under certain exceptions.

The championship clincher was the highest-rated Game 6 ever on ABC, in large part because of the Heat, whose star power created a must-see team.

The re-emergence of teams like the Chicago Bulls and, to a lesser extent, the New York Knicks over the last season has also piqued interest in some of the NBA's traditionally strong markets. THE ASSOCIATED PRESS

Crossword



Across

1 Hinged fastener
5 Snapshot
8 Culprit, for short
12 — vera
13 Cheery remark?
14 Smell
15 "Bravo!"
17 "Scrabble" piece
18 Solemn promise
19 With precision
21 Parsley serving
24 Competes
25 Slapstick missiles
26 Hotel employees
30 Eisenhower
31 Gets dirty
32 Actor Kilmer
33 Poe's "The — Heart"
35 Humdinger
36 Helps
37 Greedy kid's shout
38 Old scrolls, often
41 Household member
42 Hodgepodge
43 Jailhouse roomie
48 Carte
49 Before
50 "Exodus" author
51 Nuisance
52 — Khan
53 Transmitted

Down

1 "Hee —"
2 Hearty brew
3 Scale member
4 A real hip place?
5 Ship's front
6 Author Fleming
7 Pile-face fabric
8 Soap ingredient
9 Tend texts
10 Hot dog holder
11 Quarry
16 41-Across, often
20 Slithery fish
21 Skewer
22 Toll road, for short
23 Stagger
24 Wedding cover-ups
26 Ancient British queen
27 Egg
28 Coconut tree
29 Pivot
31 Mix
34 Arrangement
35 Acidity detector
37 Solidify
38 "— and Circumstance"
39 Sheltered
40 Bowling targets
41 Entreaty
44 Work unit
45 Exist
46 Can makeup
47 Superlative suffix

▶ Monday's answer

A	P	E		S	A	N	T	A		K	F	C		
S	A	G		A	S	F	A	R		N	E	O		
K	N	O	X	V	I	L	L	E		O	A	T		
			V	A	N		E	N	A	C	T	S		
B	I	K	I	N	I		S	A	L	K				
R	O	N		T	N	T		S	T	O	M	A		
A	T	O	M		E	V	A		A	F	O	R		
E	A	T	U	P		A	L	B		F	R	I		
		H	O	E	D		L	E	A	S	E	D		
B	R	O	N	C	O		O	L	D					
A	I	L		K	N	O	W	L	E	D	G	E		
I	C	E		A	N	A	M	E		O	A	R		
L	O	S		T	A	K	E	S		S	P	A		

Sudoku

8				6			9	5
1			9	8				
7	9	4						
			2			1		7
	6						4	
9		2			4			
						2	5	9
				2	5			3
2	3			7				6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

1	4	6	7	3	9	5	2	8
7	5	9	1	8	2	6	4	3
3	8	2	6	4	5	9	7	1
8	9	4	3	1	7	2	5	6
5	3	7	2	6	8	1	9	4
6	2	1	5	9	4	3	8	7
4	6	8	9	2	1	7	3	5
9	1	5	4	7	3	8	6	2
2	7	3	8	5	6	4	1	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Baby to Trevor
Happy 1 year anniversary love. I look forward to many more! I love you xoxo
FROM YOUR LITTLE TINY BABY GIRL

JL
If I was a graham cracker and you were a marshmallow, would you stick by me?? Teehee; friends always <3
FROM JL

BBBBimbo
Don't hold your breath u big nosed dummy! He will never leave me he loves me & I love him we are ONE DEAL with the truth silly desperate woman!!!!!!!!!!!!!!!!!!!!!!!!
FROM MRS. M

Today
17°/11°
Showers
40%
Wednesday
16°/9°
Variable
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be in the thick of the action today.

♉ Taurus April 21-May 21 If you make changes today it's unlikely you will be able to change back again later.

♊ Gemini May 22-June 21 The approaching eclipse suggests you will be tempted to take on someone who is, to be frank, out of your league.

♋ Cancer June 22-July 22 Steer clear of anything that might depress you today — and steer clear of people who seem to think failure is something to be accepted.

♌ Leo July 23-Aug.23 If someone challenges you today you must stand up for yourself.

♍ Virgo Aug. 24- Sept. 22 If you find yourself up against forces that are difficult to cope with then it might be wise to back off.

♎ Libra Sept. 23-Oct. 23 This should be a fun day for you, but you might not get much work finished.

♏ Scorpio Oct. 24-Nov. 22 You have never been one to let others take advantage of you but that does not mean they won't try.

♐ Sagittarius Nov. 23-Dec. 21 If someone stands in your way today you must shove them aside.

♑ Capricorn Dec. 22-Jan. 20 Don't change your routines or your methods simply to fit in.

♒ Aquarius Jan. 21-Feb. 18 You may fall out with a partner or loved one over the next days.

♓ Pisces Feb. 19-March 20. Compromise solutions may be hard to come by.

SALLY BROMPTON

Caption contest

LEE JIN-MAN/THE ASSOCIATED PRESS

GUS RUELAS/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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TIP #3 FOR SELLING YOUR GOLD

We encourage you to shop around for price and are confident that you will return to us to sell. We have yet to find higher offers in Vancouver. Should you have other written quotes before you arrive, you will find our payouts higher and, if not, we will match the price PLUS 50% of the difference with our 150% guarantee.

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Since we offer our very best prices upfront, there's no need for stressful negotiations. We'll automatically offer you the best pricing. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we'll pay you 50% more than the difference.
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Karat|Price/gram

1oz Maple Leaf Coin (9999)	$1431/coin
999 Gold Coins and Bars	$43.85
24k Jewellery	$34.64
22k	$31.75
East Indian and Nuggets	$28.15
18k	$25.98
14k and dental	$20.21
10k	$14.43
.925 Sterling Silver	$0.65

We also offer refining services for large and dental lots.
Please contact us for fee and payout information.

Example Purchase 1:

Purity: 14k • Weight: 193.50g
PRICE: $3,910.63

Example Purchase 2:

Purity: 24k • Weight: 6.42g
PRICE: $222.39

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Gold Coins Under 24kt (Per Gram of Gold)	$41.18/gram
Maple Leaf Coins under 1 ounce	$46.03/gram
999 Gold Bars under 1 ounce	$42.64/gram
Silver Maple	$34.59/coin
Silver Bullion	$32.79/ounce

Silver

Unrecognized Silver bars 1 ounce or more	$0.86/gram
Stamped Sterling Silver	$0.65/gram
Stamped .800 Silver	$0.56/gram
Unstamped Solid Silver	$0.46/gram

Canadian Silver Coins

Coins from 1966 or earlier	16.5 Times Face Value
Coins from 1967	12.9 Times Face Value
Coins from 1968	10.0 Times Face Value

American Silver Coins

Coins from 1964 or ealier	17.9 Times Face Value

Platinum

Platinum Jewellery (stamped 950)	$35.51/gram
999 Platinum Coins	$45.09/gram

*Canadian Dollars
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